Community Activities File

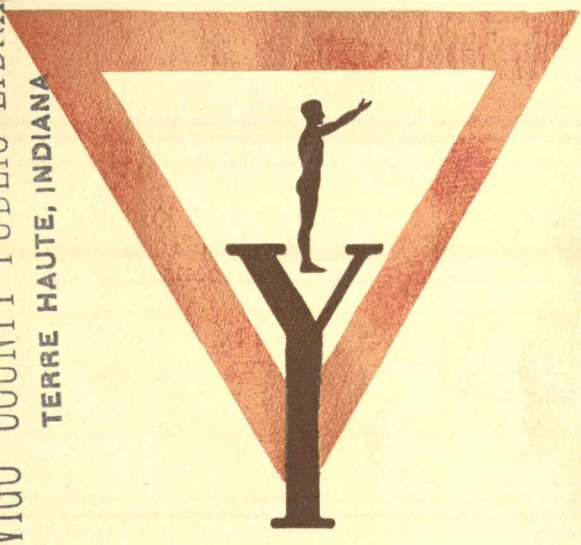
The Y.M.C.A. Health Club

REFERENCE
DO NOT CIRCULATE

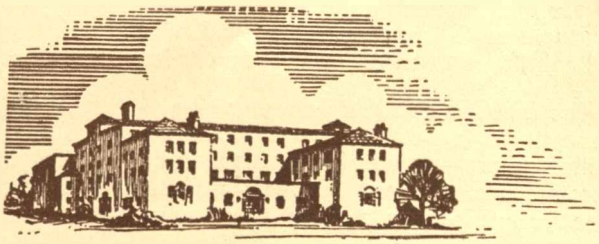
HEALTH SERVICE

YAC

VIGO COUNTY PUBLIC LIBRARY
TERRE HAUTE, INDIANA



Look HEALTHY
Feel HEALTHY
Be HEALTHY



200 SOUTH SIXTH STREET TERRE HAUTE, INDIANA

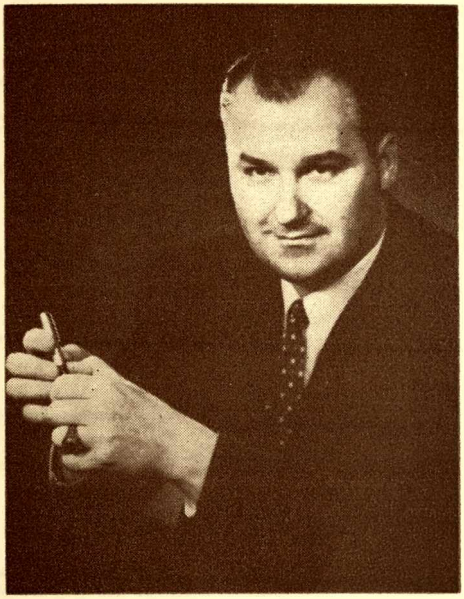
Now! The Magic Key That Unlocks . .

YMCA HEALTH CLUB

Fitness

Fun

Fellowship



Joseph (Joe) Kuzmission
Physical Therapist
(Licensed)

YOUR PRODUCTIVE YEARS

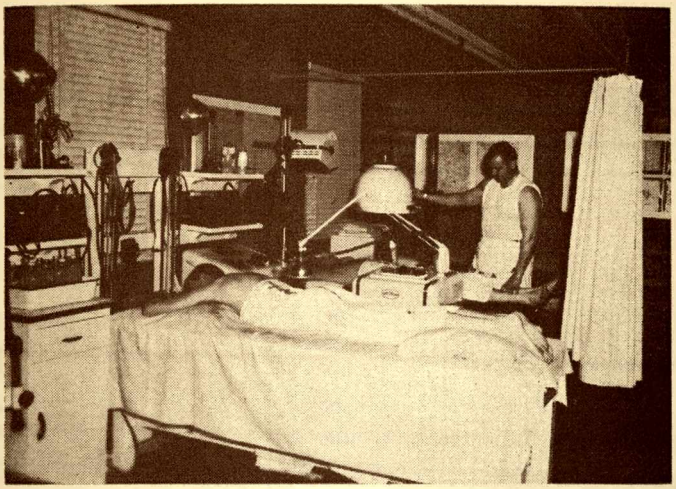
We busy Americans live in terms of "Production." Our business watchwords are "volume" and "tonnage" and "turnover." Our tempo is hectic, fast — almost frantic. We drive our business—we drive our associates —we drive ourselves. Long hours, strain and constant consumption of nervous and physical energy are the order of our existence.

As business men, we maintain the peak production, under our control, by watching our machinery, our men and our plants. We carefully nurse the equipment we own, plants we run, men we supervise—but neglect shamefully the dynamo of it all—ourselves.

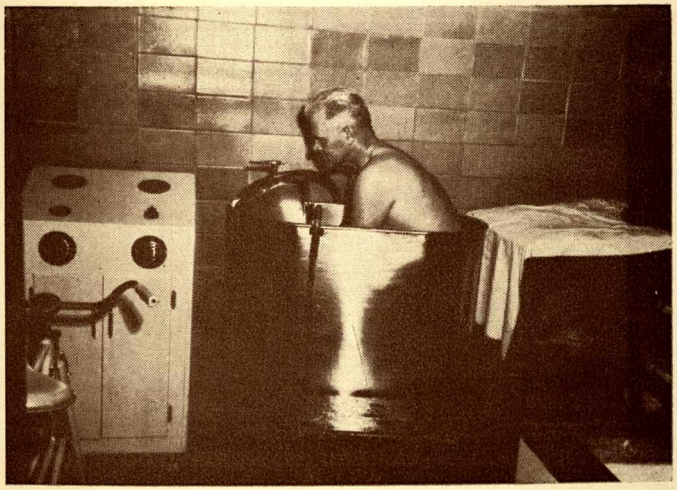
Whether we are lawyer or manufacturer—steel man or store man—president or foreman—whether we create or direct, the production we are responsible for suffers the moment our personal production fails.

It is just as much an obligation to our family and to our business to maintain peak production in our bodies and minds as to maintain volume in our business.

The YMCA Health Club provides the three things necessary to the man who is in the prime of his production years—regular relaxation, individual physical exercise, and constant trained supervision of the asset more valuable than money or success — A Healthy Body.

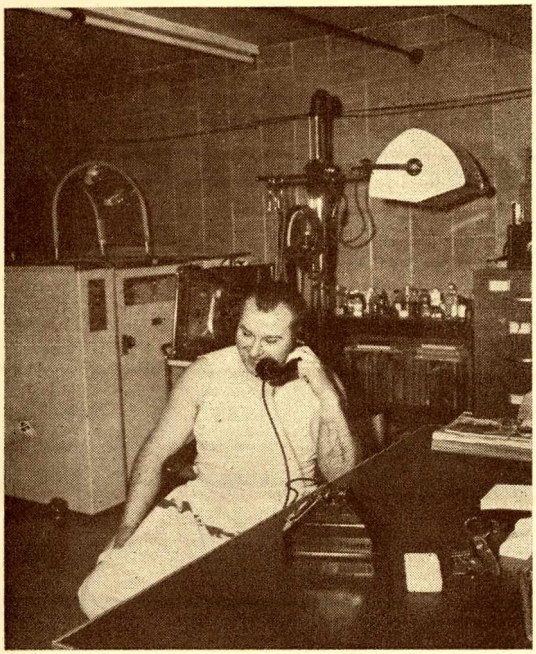


PHYSICAL THERAPY in action — where our members are given conscientious service. One of the outstanding features of this department is the personal service provided by our expert, Mr. Kuzmission, who is trained to provide the service for you and, in specific cases, comply with the requirements as prescribed by your physician. The proper application of the infra red heat lamp and manipulation of muscles of the body not only assist in stimulation of the circulation, but afford that mental relaxation which is so necessary to meet the present day demands.

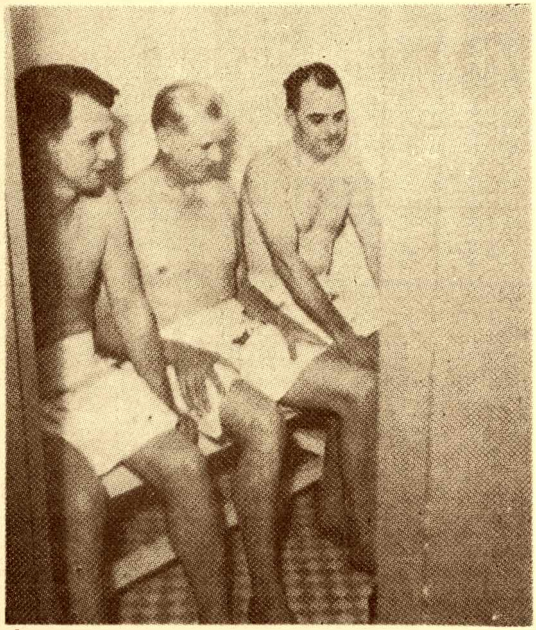


A SECTION OF OUR WHIRLPOOL ROOM which is completely equipped with whirlpool tank, submersion tub, paraffin bath, hot packs and CO_2 bubble baths.

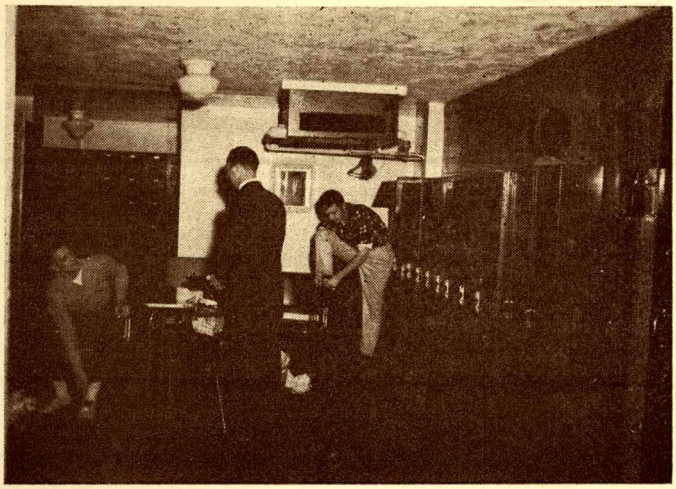
The HIDDEN STRENGTH IN YOUR BODY



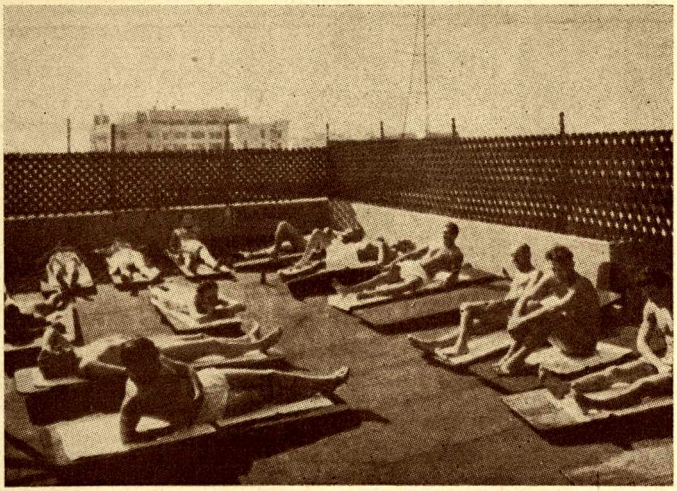
AT YOUR SERVICE for individual attention, Mr. Kuzmission, in your "Y" Athletic Club, is as near as your telephone, where appointments can be made at your convenience.



LIVE STEAM ROOM AND DRY HOT ROOM. Two of the most popular spots in our "Y" Athletic Club, where a member can spend a few minutes of his time in complete relaxation.



A SMALL SECTION OF OUR LOCKER ROOM where all workday cares are safely locked away, while you enjoy the fellowship of friends new and old.



THROUGH THE SUMMER MONTHS, many moments of relaxation are spent by our members on our sun deck basking in the rays of old Sol.

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Y. A. C. MEMBERSHIPS

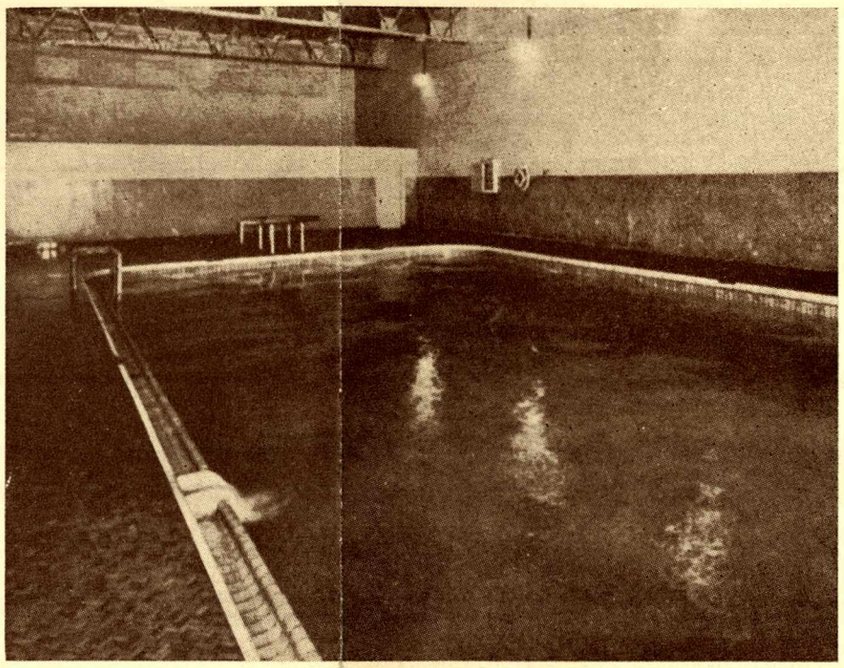
Yearly rate	$50.00
10% reduction for cash or renewal on the yearly rate.	
6 Months	$30.00
3 Months	$18.00

Memberships are sanctioned by Y.A.C. Committee

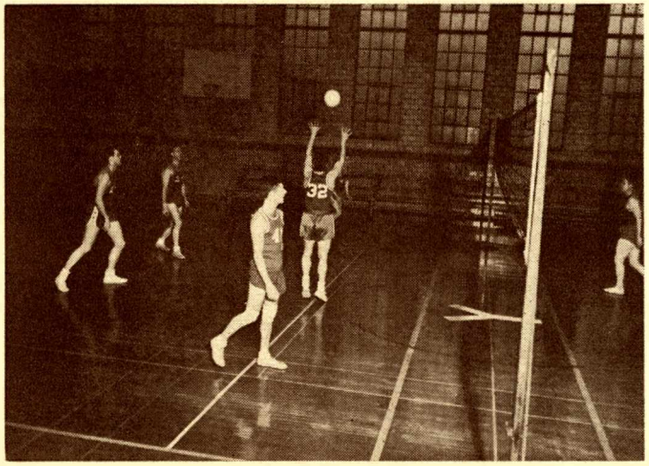
THE TERRE HAUTE Y. M. C. A.

WILL ADD YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS

RELAX IN COMFORT. meet your old friends and make new friends in our large and comfortable lounge equipped with television, air conditioning and hi-fi. Just relax and enjoy the fellowship of fellow members.

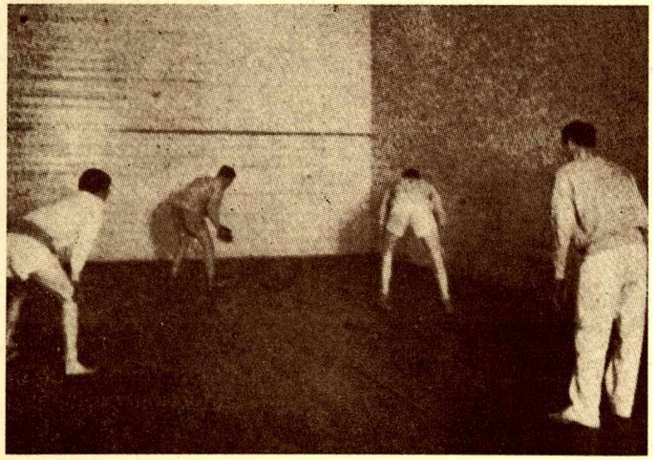


OUR SWIMMING POOL—One of the largest and most modern indoor pools in Indiana. 90,000 gallons of water thermostatically controlled for your comfort, and completely filtered every 6 hours, meeting the highest and most rigid health standards.



VOLLEYBALL AND BASKETBALL for those who like to participate in the more strenuous team sports. Scheduled classes for our members.

AN ADDED CONVENIENCE for our members is this well equipped restaurant. Open to the public daily Monday thru Friday.



HANDBALL AND SQUASH for those who go for the more rugged individual activities. Newcomers and beginners given special attention.